

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG



TREATING THE EYE.

NO. 50—COMMON DISORDERS OF THE EYE.

Most eye troubles are the result of our own carelessness and neglect, and when the much-abused and overworked eyes rebel, take warning and give them rest and gentle care for a time. The eyes are the most abused organs and certainly the most sensitive ones, but are quick to respond to proper treatment.

Many eye troubles are the result of reading, sewing or other fine work performed under insufficient light, and it is well to have a strong, clear light directly over and back of the left shoulder when using the eyes at night.

Frequent headaches are sometimes the result of weak eyes and often the wearing of suitable glasses for a few weeks will overcome this. If the eyes become red, bloodshot and swollen, begin treatment and rest before more serious trouble arises, and if this does not show improvement in a very short time consult a good oculist at once.

The eye cup illustrated in to-day's picture is a necessity in every home and should be used each night with a mild solution of boracic acid to cleanse and strengthen the eyes. The eye bath removes any foreign particles or dust from the eyes and the boracic acid clears and brightens them to a remarkable degree. This treatment will cure granulated lids and strengthen and cool tired, inflamed eyes most satisfactorily. Hot applications with the addition of boracic acid or witch hazel or salt water will reduce the swelling and burning sensation from eyelids and are valuable remedies for the treatment of simple eye troubles, caused by overwork and strain.

In using the eye cup all of the liquid enters the eye and gives it a thorough bath and inside cleansing, which is much more thorough than local applications. It also prevents the liquid from touching any other part of the face.

Puffiness under the eyes is caused by internal disorders and kidney trouble, though sometimes from lack of rest. To cure them you must find the cause and try to remove it, as local applications will show very little improvement. If the puffiness appears

To demonstrate the effectiveness of proper diet and exercise for reducing the weight and figure measurements of excessively stout women, Miss Furlong will devote herself to reducing a stout woman who will offer herself for the purpose.

For this woman Miss Furlong will arrange a proper schedule of diet and exercise which the woman must strictly follow. She will be chosen from among Miss Furlong's New York City readers. She must weigh over 200 pounds, must be not over thirty-five years of age, must not use alcoholic beverages, must have undergone no serious operation, must not be stout because of illness nor have heart trouble or any other serious organic disorder.

Address your application to Miss Pauline Furlong, care of The Evening World.

as the result of kidney trouble existing, you may improve this condition by a change of diet. Eat no meats and drink neither tea, coffee nor any alcoholics. Drink much water and do not allow constipation to exist. If insufficient rest causes the puffiness, get as much sleep as possible until they disappear. When taking the rest cure for the puffiness, apply hot wet bandages as hot as you can stand them to the eyes at least twenty minutes every day. This treatment induces sleep, and a nap of half an hour following it will greatly hasten the treatment.

A sty on the eye is caused by a disordered state of the general system and lack of vital resistance of the tissues forming the eyelid. It is merely a boil occurring upon the margin of the lid, and eye strain may be the cause of the lowered vital resistance. Simple foods and plenty of rest for the eyes will prevent sty, but the following external treatment will help to remove one if it has already appeared.

Bathe the eye with hot cloths for five minutes to bring the sty to a head, and then open it with a fine, sterilized needle. After it is open, touch the spot with a small piece of twisted cotton saturated with peroxide of hydrogen. Do not allow any to get into the eye.

Monday I will explain the causes of catarrh, and will outline simple treatments for its prevention and relief.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Letters From Evening World Readers Following Miss Furlong's Lessons.

VIVIEN writes: "I wish to extend my heartfelt thanks to you for the benefits which I have received from your lessons in the paper. For six years I have suffered from constipation, but do not suffer any longer, due to following your exercises described for this disease. For some reason pimples still continue to appear on my face. I do not eat sweets, greasy foods or pastry. Do you think I ought to consult a physician for a good blood purifier? My skin has a dark, muddy appearance, even though I have nearly cured myself of blackheads through your advice in the paper. What will cure cold sores? Please tell me my measurements. I am five feet one inch tall."

When you practise the exercises and cure yourself of constipation of long standing you took the first step toward improving your complexion, which has evidently been in this condition for many years. All of the indications about which you write to me suggest wrong diet, impoverished blood and lowered vitality. Fresh air, deep breathing, is most important for one in your condition, and it is the very best blood purifier. Do not eat fried foods, spices, cakes, white bread, &c. Fruits and green vegetables will work a wonderful improvement in your skin in a few weeks. Take grape juice and much water. No, witch hazel will not grow hair. Use the jelly creams if the face is inclined to chap and shows a tendency to superfluous hair. Do not massage nor use greasy creams of any kind. These stimulate the growth just as they would on the scalp. Touch the cold sores with nitre on a puff of cotton. Improvement in the health and blood will keep them from appearing again. You should weigh 111 pounds, forearm 9, upper arm 10.2, neck 12.5, chest 33, bust 34, waist 24.5, hips 35, thighs 22, calf 13, ankle 7.4.

WARSHIP DEATH TOLL FROM DISEASE BIGGER THAN BY FIGHTING

Surgeon General of Navy Reports That 1,000 Men Are Packed Into Space for 300.

WASHINGTON, Nov. 4.—Because of living conditions on battleships, which apparently cannot be corrected without reducing the fighting efficiency of the vessels, tuberculosis and pneumonia took a heavy toll of enlisted men last year, Surgeon General W. J. Braisted of the navy said in his annual report to-day.

Despite the military activities of both sailors and marines at Vera Cruz, they found the dangers of warfare less than living conditions on battleships. There were thirty-eight deaths due to tuberculosis and thirty-

three to pneumonia. These of the battleships were among others. Statistics showed that thirty men died of disease on the navy's fleet last year.

Bringing home responsibility for the situation to the fact that in the crowded conditions necessary to manning and equipping vessels of war, higher moral principles such as are accepted as indispensable in life ashore practically never receive recognition.

"Overcrowding, extreme reduction of the amount of air space per person, improper proportion of moisture and the inappropriate placing of air intake and exits, over or underheating of the air—these are all facts and problems incident to the packing of 1,000 men in quarters which theoretically should hold but 300."

While he praised naval constructors for doing as well as they have under the conditions laid down by "military necessity," Braisted was unable to report that great improvements can be looked for, "due to the necessity for fighting and training efficiency of the vessels."

Medical supplies and surgical instruments absolutely needed for the navy have advanced in some instances from 200 to 1,200 per cent. in price since the outbreak of the European war, according to Surgeon General Braisted. The American output of surgical instruments meets but 10 per cent. of the domestic demand, he adds in his report, and

states that immediate steps be taken to secure supplies and to advance a policy of design, construction and control, application to be laid in various instances, against obsolescence. Additional appropriations will be asked to complete each year for several years for this purpose.

The report recommends that two new hospital ships be provided and that arrangements be made for the purchase of additional merchant craft for use as ambulance ships, or medical transports in time of war. The Surgeon, the only hospital ship in service that is seaworthy, is old and unsatisfactory.

SHOT, HE ACCUSES FRIEND.

But Goldman Denies Wounding of Mariadella Was Accident.

John Al. Ricker's eyes were at No. 124 Broome street when he saw a man, Mariadella, the operator boy of the building, to-day, and asked Jack Goldman of No. 127 Washington Avenue, the Bronx, for the fire box. Three shots were fired.

"If I don't beat that," answered Mariadella, "I'll shoot myself." He tossed a revolver on the counter. The gun went off and a bullet struck Mariadella over the heart. That is the story as Goldman told it after Mariadella had been taken to St. Vincent's hospital. But the elevator boy said Goldman had shot him. Both were arrested, Mariadella for having a concealed weapon.

20 FIREMEN OVERCOME BY SMOKE AND GAS IN BRONX CELLAR FIRE

One Dragged Out Unconscious When Water Had Nearly Covered His Head.

Only the fact that while unconscious his head rested on debris, so that the accumulating water missed his face by two inches, saved Fireman John McKuen of Engine Company No. 50 early to-day in the smoke-filled cellar of No. 245 Willis Avenue, the Bronx.

More than twenty firemen were overcome by smoke and gas in fighting the stubborn fire, and it was only while counting noses after he had summoned fresh forces that Deputy Chief Sloan missed McKuen. The building is a five-story tenement.

AMERICAN WOOLEN COMPANY

Proposed Transfer of Charter from New Jersey to Massachusetts

Stockholders of the American Woolen Company are reminded that the three months fixed in the agreement for the deposit of stock to approve and make effective the transfer of charter from New Jersey to Massachusetts expires November 14, 1915.

To insure the success of the plan, you are urged to deposit your stock before that day with either the Guaranty Trust Company of New York or the Old Colony Trust Company of Boston.

FREDERICK AYER,
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TUNKHANNOCK VIADUCT

(On The New 99 Mile Scranton-Binghamton Cut-off)

Half a Mile Long—240 Feet High

Ready November 7th, 1915

More than one hundred feet higher than the roadway of Brooklyn Bridge.

If erected in Broadway would fill street from building line to building line from 23d street to 32d street to a height approximately that of the Flatiron Building.

This is the crowning work of the Lackawanna Railroad's amazing policy of development, which has subordinated expense and every other consideration to the one purpose of making the road what it is today, not only by many miles

The Shortest Route

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MILE FOR MILE THE MOST HIGHLY DEVELOPED RAILROAD IN AMERICA

Safety First

The double track roadway of this steel reinforced concrete viaduct is enclosed between massive parapet walls three feet thick and rising above the track to a height of 4 feet, thus ensuring safety without interfering with the extraordinary view from train windows.

Lackawanna
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THE ROAD OF ANTHRACITE

HANDY STOMACH REMEDY TO HAVE ABOUT THE HOME

Instantly stops indigestion, gas, sourness, heartburn or acidity.

The moment "Pape's Diaprep-sin" reaches the stomach all distress goes.

As there is often some one in your family who suffers an attack of indigestion, acid stomach, dyspepsia or some form of stomach trouble, why don't you keep Pape's Diaprep-sin in the house handy?

This harmless blessing will digest anything you eat without the slightest discomfort, and overcome a sour, gassy stomach in five minutes.

Tell your pharmacist to let you read the formula plainly printed on these 60-cent cases of Pape's Diaprep-sin, then you will readily see why it makes indigestion, sour stomach, heartburn and other distress go in five minutes and relieves at once such miseries as belching of gas, eructations of sour, undigested food, nausea, headaches, dizziness, constipation and other stomach disorders.

Some folks have tried so long to find relief from indigestion and dyspepsia or an out-of-order stomach with the common every-day cures advertised that they have almost made up their minds that they have something else wrong, or believe theirs is a case of nervousness, gastritis, catarrh of the stomach or cancer.

This no doubt, is a serious mistake. Your real trouble is, what you eat does not digest; instead, it ferments and sours, turns to acid, gas and stomach poison, which putrefies in the digestive tract and intestines, and besides, poisons the breath with nauseous odors.

A hearty appetite, with thorough digestion, and without the slightest discomfort or misery of the stomach, is waiting for you as soon as you decide to try Pape's Diaprep-sin.—Adv.

BENZOMINT
The First Word and the Last Word in
SORE THROAT
50c AT RIKER-HEGEMAN
BENZOMINT